

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Medical School

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EDITOR

A Radio Talk on the Value of Canned Foods

(Delivered over the National Broadcasting System, from San Francisco, May 7, 1930)

By WALTER M. DICKIE, M.D., Director Department of Public Health, State of California

I am speaking for the Department of Public Health of the State of California. Since that department is responsible by law for the proper sterilization of canned vegetables and fish products, I shall confine my remarks to a discussion of those products which come under the direct supervision of the state department.

While the preservation of foods in closed containers was discovered many years ago, it is only during comparatively recent years that canned foods have been placed upon the market in large quantities. Among some uninformed persons an unwarranted prejudice against the use of canned foods in the diet still exists. Very few people, however, have this mistaken idea and it is generally recognized by most people that canned food has a distinct and definite place in the diet. The nutritive value of such foods is not destroyed in the canning process. The valuable vitamins which are in the fresh products are not destroyed by the sterilization methods now used. Canned foods yield energy, provide body heat and help to regulate the body processes. Any food product which can fulfill these functions should, by all means, be incorporated in the diet.

The essential factor in the canning process is the application of sufficient heat to insure the preservation of the canned product. The temperature must be sufficiently high to destroy all possibility of any harmful bacteria to escape destruction. A large amount of research work has been involved in deter-

mining the necessary degree of heat to be used in the packing of various food products which may vary greatly in their density and composition. The length of time that food products shall be subjected to the required temperatures is also a matter of importance in the proper canning of food products. Upon the completion of exhaustive investigations along these lines, which were carried out under the California State Department of Public Health, that department drew up regulations for the canning of vegetables and fish products. These regulations are now most rigidly enforced in all California canneries where such products are packed.

The cooking process, as outlined in these regulations, does not destroy the nutritive value of the foods and it does not destroy the life-giving vitamins which are found in vegetable and fish products in their natural state. The proper cooking process, however, does insure the safety of such canned products and is a guarantee of their wholesomeness and purity.

Every cannery in the state which uses sterilizing equipment is required by law to secure a license from the State Board of Public Health. Such licenses are issued only after a complete and detailed inspection of the premises is made. Each can of foodstuffs carries a code number by which the can may be identified, regardless of the label that may be placed upon it. By means of the code number the temperature at which the can was cooked and the length of

time that it was cooked can be checked, at any time, upon the records.

Twenty-six inspectors, besides a chief inspector, are employed, constantly, in the Division of Cannery Inspection, together with additional employees during the rush seasons when perishable products are packed in enormous quantities during short periods of time. These inspectors are on duty nights, days, Sundays and holidays whenever the canneries are operating.

One of the great conveniences to the housewife, in the use of canned vegetables and similar products, lies in the saving of time which is required to prepare fresh vegetables and fish for home cooking. The elimination of waste is another important convenience which affects the family budget materially. The ability to take advantage of these great saving conveniences without in any way lowering the food values of the products considered is one of the greatest advances in domestic science. The saving of time and the elimination of waste are two great objectives of modern industry, and these remarkable accomplishments of industry are passed on to the benefit of the housewife, who is able to use them to the great advantage of the family budget, enabling her to have more time available for her own recreation.

Asparagus, spinach, pumpkin, tomatoes, olives, vegetable salads, string beans, beets, carrots, cauliflower, celery, soup, sardines, mackerel, abalone, tuna and other fish products which are packed in California canneries are produced under the sanitary supervision of the California Department of Public Health, and consumers of these products, in any part of the world that they may be eaten, may have full assurance not only of their safety in so far as health is concerned, but they may also be assured that such products are of great food value and that they retain full content of most of the vitamins that are essential to life.

This does not mean that any individual should live on canned foods alone. Milk, eggs, butter and fresh meat should also be included in the diet of every family, for such products also contain vitamins which are not found in either cooked or raw vegetables. Both canned and fresh vegetables, dairy and meat products, are of the utmost necessity in the diet of every individual. I desire, however, to impress upon all who may be listening that canned vegetables and fish have a distinct place in the family diet and that they are full of those food attributes which build muscle fiber, tissue and blood. Their mineral content is equivalent to the mineral content of similar fresh products, and when used in

conjunction with other articles of diet they provide every essential factor that is needed in the growth and development of the body.

TUNA UNDER RIGID INSPECTION

Tuna, which is packed in canneries located at San Diego, San Pedro, Long Beach and Wilmington, is brought into these ports from fishing fields of the Pacific Ocean which are located at great distances from these ports. Tuna are caught in Mexican waters, off the Galapagos Islands, around the Cocos Islands, off the coast of Ecuador, and in Japanese waters. All of the fishing boats which bring in tuna from these distant fields are not permitted to unload their cargoes until an inspector of the State Department of Public Health goes aboard, examines the fish and approves, generally, of their suitability for canning purposes. If the fish are found in wholesome condition, the cargoes are unloaded and a minute inspection of each individual fish is made before the raw product is permitted to enter the cannery.

Tuna fish from Japan are brought into port on ocean liners and the holds of these vessels, where the fish are stored, receive the same careful inspection that the fishing boats receive. This procedure provides for the complete elimination of any unwholesome tuna that may be brought into California ports and thus assures the consuming public of a high quality food product.

LABORATORIANS TAKE EXAMINATIONS

The State Department of Public Health held an examination May 8th and 9th for laboratory workers who desire to receive Certificates of Proficiency in Laboratory work. Forty-six such applicants presented themselves for the examination, which was held in Los Angeles and in Berkeley. A separate examination in each of the four divisions of laboratory work was given; in serology, bacteriology, biochemistry and parasitology. Separate certificates of proficiency are issued in each of these divisions for the work for the reason that one laboratory does not cover work in all of these divisions.

Of the applicants who took this examination, 9 are from official public health laboratories; 8 hold positions in commercial laboratories; 8 are employed in county hospitals; 6 are employed in private hospitals; 1 in a physician's office; 5 are in laboratories of schools and universities, and 12 have been graduated recently and are not employed. This examination is of value in the standardization of laboratories, and the increased interest in the examination gives a fair indication of the importance of this work.

HUGE QUANTITY OF FOODS IN COLD STORAGE

The Bureau of Foods and Drugs of the State Department of Public Health has supervision of the sanitation of cold storage plants and refrigerating warehouses throughout the state. These institutions, of which there are 65 operating in California, are granted licenses to operate by the State Board of Public Health; such licenses being based upon fulfillment of the requirements of the board pertaining to sanitation. None of these 65 establishments include such places as private homes, hotels, restaurants or exclusively retail establishments which do not store articles of food for other persons. The Cold Storage Law pertains only to warehouses which store articles of food for other firms and individuals.

Under modern conditions, it would be practically impossible to conduct traffic in foods and food products commercially, without refrigeration. Cold storage is essential for storage of overproduction of eggs and dairy products chiefly. It is also of great value in the storage of overproduction of potatoes and certain other vegetables. As cold storage is carried on at the present time, it is of the utmost value both to the consumer and to the producer. It enables the former to enjoy many foods at periods of the year when otherwise it would be impossible to have them. The consumer is also benefited financially by commercial refrigeration. The progress in the science of refrigeration has been rapid, and articles of food which are stored in cold storage plants under modern methods are wholesome and thoroughly suitable for human consumption.

The following table gives a clear indication of the quantities of various foodstuffs which are held in cold storage plants. The data which follow show the amount of material of various sorts in cold storage in 65 California warehouses on March 31, 1930:

Beverages -----	506,035 gals.
Butter -----	271,633 lbs.
Cereal -----	13,513 lbs.
Cheese -----	1,117,443 lbs.
Confections -----	46,750 lbs.
Eggs -----	385,850 cases
Eggmeat -----	2,738,225 lbs.
Extracts (oils)-----	234 gals.
Fish -----	3,431,263 lbs.
Fruit -----	21,626,644 lbs.
Fruit (dried)-----	2,172,625 lbs.
Fruit juice -----	738,044 gals.
Meat -----	5,260,346 lbs.
Poultry -----	4,962,263 lbs.
Vegetables -----	33,131,602 lbs.

CONSULT YOUR LIBRARY

"The fact is that the world knows how to run a city in the best possible way. The world knows it but no one man knows it and no one city knows it. I mean that somewhere in this or other lands, some mayor, fire or police commissioner, health officer, school supervisor or what not is running his particular department better than it was ever run before; more easily, more cheaply, more agreeably to the public.

Here is where the library comes in. In books, journals and reports—that is, in print—are to be found all of these best ideas; and if you wish to find them, to print you must go.

Now it is a library's business to take care of all that's in print, to store it and index it and so fix it that it will yield up to the inquirer all that it contains.

In print somewhere are nearly all the secrets of good city management. Therefore, if you would know how your city should be managed, you must call on the library. And here it is."—John Cotton Dana in *Municipal Reference Library Notes*, New York City.

The term quack is applicable to all who, by pompous pretenses, mean insinuations and direct promises, endeavor to obtain that confidence to which neither education, merit nor experience entitles them.—Samuel Parr.

It is written that there abideth Faith, Hope, Charity, these three, but the greatest of these is Charity. And so in medicine we have Diagnosis, which is a matter of faith; Prognosis, which is a question of hope; and Treatment, which is only too often an affair of charity; but the greatest of these is Diagnosis. —Hutchinson.

MORBIDITY *

Diphtheria.

45 cases of diphtheria have been reported, as follows: Alameda County 1, Alameda 1, Berkeley 1, Livermore 1, Oakland 2, Imperial County 1, Los Angeles County 1, Alhambra 1, Glendale 4, Los Angeles 12, Whittier 1, Torrance 1, Orange County 1, Santa Ana 1, Placentia 1, Redlands 1, San Diego County 1, San Diego 2, San Francisco 8, Tulare County 1, Porterville 2.

Scarlet Fever.

142 cases of scarlet fever have been reported, as follows: Alameda County 1, Berkeley 1, Oakland 3, Colusa 1, Contra Costa County 1, El Cerrito 1, Fresno County 7, Imperial County 2, Kern County 4, Los Angeles County 12, Beverly Hills 1, Compton 1, Glendale 3, Long Beach 2, Los Angeles 33, Pasadena 1, Whittier 2, South Gate 3, Maywood 1, Bell 1, Merced County 3, Monterey County 5, Orange County 1, Anaheim 1, Fullerton 1, Santa Ana 5, Tustin 1, Sacramento County 1, Ontario 1, Redlands 2, San Diego County 1, San Francisco 18, San Joaquin County 4, San Luis Obispo County 1, San Mateo County 3, Palo Alto 6, San Jose 2, Siskiyou County 1, Tulare County 1, Ventura County 2, Marysville 1.

Measles.

2033 cases of measles have been reported, as follows: Alameda County 3, Alameda 17, Berkeley 35, Oakland 118, San

* From reports received May 19th and 20th for week ending May 17th.

Leandro 12, Contra Costa County 15, Concord 6, El Cerrito 2, Martinez 19, Pittsburg 12, Richmond 1, Fresno County 2, Fowler 1, Fresno 14, Eureka 1, Imperial 1, Calipatria 1, Kern County 1, Tehachapi 1, Hanford 2, Los Angeles 229, Alhambra 32, Arcadia 3, Azusa 1, Beverly Hills 12, Burbank 3, Claremont 1, Compton 13, Culver City 9, El Monte 7, Glendale 35, Huntington Park 28, Long Beach 134, Los Angeles 317, Monrovia 12, Montebello 3, Pasadena 30, Pomona 13, San Fernando 2, San Gabriel 9, San Marino 6, Santa Monica 29, Whittier 8, Lynwood 12, South Gate 16, Monterey Park 9, Maywood 15, Bell 6, Marin County 1, Ross 2, Ukiah 45, Merced County 10, Los Banos 20, Merced 3, Grass Valley 17, Orange County 65, Anaheim 7, Brea 3, Fullerton 8, Orange 4, Santa Ana 20, La Habra 4, Placentia 5, Riverside County 4, Blythe 12, Perris 5, Riverside 40, Sherman Institute 64, Sacramento County 20, Sacramento 20, San Bernardino 18, Ontario 22, Redlands 18, San Bernardino 13, Upland 4, San Diego County 1, National City 3, San Diego 35, San Francisco 103, San Joaquin County 33, Stockton 37, San Luis Obispo County 1, San Bruno 3, Santa Barbara 10, Santa Clara County 5, Palo Alto 8, San Jose 8, Watsonville 1, Siskiyou County 7, Yreka 3, Solano County 2, Sonoma County 1, Stanislaus County 18, Tulare County 5, Lindsay 1, Ventura County 21, Ojai 7, Wheatland 8.

Smallpox.

47 cases of smallpox have been reported, as follows: Berkeley 1, Imperial County 9, Kern County 4, Los Angeles County 3, Inglewood 2, Los Angeles 2, Pomona 1, Santa Monica 1, Torrance 1, Fullerton 1, Plumas County 1, Riverside County 2, Sacramento County 4, San Bernardino County 1, Redlands 1, San Francisco 1, Santa Barbara 2, San Jose 1, Yreka 3, Stanislaus County 2, Sutter County 3, California 1.**

Typhoid Fever.

6 cases of typhoid fever have been reported, as follows:

Kern County 1, San Diego 1, San Francisco 1, San Joaquin County 1, Yreka 1, Sonora 1.

Whooping Cough.

252 cases of whooping cough have been reported, as follows: Alameda 8, Berkeley 3, Oakland 13, San Leandro 2, Contra Costa County 1, Fresno 11, Eureka 3, Imperial 1, Kern County 2, Los Angeles County 43, Burbank 1, Compton 2, El Segundo 4, Hermosa 7, Huntington Park 3, Long Beach 14, Los Angeles 38, Monrovia 1, Pasadena 10, Pomona 4, San Marino 1, Santa Monica 1, Whittier 2, Lynwood 2, Hawthorne 3, South Gate 2, Bell 3, Madera County 4, Orange County 7, Anaheim 1, La Habra 1, Placentia 1, Riverside County 12, Riverside 4, Sacramento County 3, San Bernardino 1, San Diego County 4, San Diego 12, San Francisco 6, San Joaquin County 4, Palo Alto 3, Ventura County 4.

Meningitis (Epidemic).

5 cases of epidemic meningitis have been reported, as follows: Alameda 1, San Diego 4.

Poliomyelitis.

14 cases of poliomyelitis have been reported, as follows: Taft 1, Los Angeles County 1, Long Beach 1, Los Angeles 1, Pasadena 1, San Marino 1, Riverside County 2, San Bernardino County 1, Redlands 4, San Bernardino 1.

Food Poisoning.

Lindsay reported 4 cases of food poisoning.

Coccidioidal Granuloma.

Santa Monica reported one case of coccidioidal granuloma.

** Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

COMMUNICABLE DISEASE REPORTS

Disease	1930			1929				
	Week ending		Reports for week ending May 17 received by May 20	Week ending		Reports for week ending May 18 received by May 21		
	April 28	May 3		April 27	May 4			
Actinomycosis-----	0	0	0	0	1	0	0	
Chickenpox-----	516	460	349	372	591	566	711	
Coccidioidal Granuloma-----	1	0	0	1	0	0	1	
Diphtheria-----	52	45	58	45	55	58	44	
Dysentery (Amoebic)-----	3	6	1	0	1	0	0	
Dysentery (Bacillary)-----	4	5	1	2	9	1	2	
Encephalitis (Epidemic)-----	2	0	1	0	2	2	0	
Erysipelas-----	21	6	13	17	31	16	16	
Food Poisoning-----	3	20	0	4	0	0	0	
German Measles-----	24	31	14	13	44	25	36	
Gonococcus Infection-----	120	85	117	124	154	95	92	
Hookworm-----	0	2	0	0	0	2	0	
Influenza-----	22	16	22	30	49	27	30	
Leprosy-----	0	0	1	0	0	0	1	
Malaria-----	0	3	2	1	1	2	1	
Measles-----	2,615	2,176	2,221	2,033	106	107	122	
Meningitis (Epidemic)-----	7	5	3	5	32	24	22	
Mumps-----	762	802	744	645	550	545	587	
Ophthalmia Neonatorum-----	0	0	0	0	1	2	1	
Paratyphoid Fever-----	0	0	1	0	0	0	0	
Pellagra-----	2	1	2	5	2	1	0	
Pneumonia (Lobar)-----	54	50	50	46	166	64	47	
Poliomyelitis-----	3	6	12	14	2	1	3	
Rabies (Animal)-----	20	23	11	16	16	13	15	
Rocky Mt. Spotted Fever-----	0	3	0	0	0	0	2	
Scarlet Fever-----	156	140	134	142	492	469	447	
Smallpox-----	98	58	69	47	112	73	74	
Syphilis-----	144	137	134	114	195	160	178	
Tetanus-----	0	1	0	0	3	2	1	
Trachoma-----	2	1	2	4	4	3	3	
Trichinosis-----	2	0	2	0	0	0	0	
Tuberculosis-----	188	271	236	189	173	214	217	
Tularemia-----	0	0	0	0	0	0	1	
Typhoid Fever-----	12	18	11	6	10	11	14	
Undulant Fever-----	3	1	3	0	1	0	2	
Whooping Cough-----	283	278	279	252	342	302	294	
Totals-----	5,119	4,650	4,493	4,127	3,144	2,786	2,681	